

APRIL 2026 SENIOR CENTER CALENDAR

Join us Saturday, April 25 at 10:00 am for an Intergenerational Performance: "Puppets Pay It Forward" with Puppets, Paul & Mary!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Programs in BLUE are Hybrid programs. Attend in person or online!</p> <p>Programs in GREEN are online only; no in-person program</p> <p>Programs in ORANGE are hosted at the Eastham Public Library</p> <p>AFSC Support Groups is hosted at The Terraces, Orleans</p>		<p>8:30 Hiking Club 1</p> <p>8:45 HIIT Class</p> <p>10:00 Resistance Bands</p> <p>11:30 Ask a Nurse</p> <p>12:00 Mobile Pantry</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>2:15 Ukulele</p> <p>5:15 Tai Chi</p> <p>5:15 Circuit Training</p> <p>6:15 Beginner Mat Pilates</p>	<p>8:30 Zoom Yoga 2</p> <p>8:45 HIIT Class</p> <p>9:00 Veterans Social Club</p> <p>10:00 LIIT Class</p> <p>11:00 InterPlay (Library)</p> <p>11:15 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Thursday Bridge</p> <p>12:45 Walking Group</p> <p>1:00 Grocery Pickup</p> <p>1:00 Knitters' Circle</p> <p>2:00 Master Gardener</p>	<p>8:15 Zumba (Library) 3</p> <p>8:30 Tax Appointments</p> <p>9:00 Wood Carving</p> <p>9:00 Eastham COAch</p> <p>9:30 Brown Bag</p> <p>9:30 Chair Yoga (Library)</p> <p>12:30 Eastham COAch</p> <p>1:00 We Do Not Care Club</p>
<p>9:00 Seaside Café 6</p> <p>9:45 HIIT Class</p> <p>10:00 Cribbage</p> <p>11:15 Light & Fit</p> <p>12:00 Watercolor Painting</p> <p>12:30 Cape Cod Adventures</p> <p>12:30 Mah Jongg</p> <p>1:00 YouTube Workshop</p> <p>2:00 PFLAG Program</p>	<p>8:45 Yoga 7</p> <p>10:00 Dance</p> <p>10:00 Baked Goods Pickup</p> <p>10:00 New Connections</p> <p>11:15 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>1:00 Trivia Tuesday</p> <p>2:00 French Club</p> <p>2:30 Qi Gong</p>	<p>8:30 Hiking Club 8</p> <p>8:45 HIIT Class</p> <p>9:30 Painting</p> <p>10:00 Resistance Bands</p> <p>11:15 Light & Fit</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>12:30 Market Basket</p> <p>1:00 AFSC Support Group</p> <p>2:00 Cooking Club</p> <p>2:15 Ukulele</p> <p>5:15 Tai Chi</p> <p>5:15 Circuit Training</p> <p>6:15 Beginner Mat Pilates</p>	<p>8:30 Zoom Yoga 9</p> <p>8:45 HIIT Class</p> <p>9:00 Veterans Social Club</p> <p>9:30 Veterans Cafe</p> <p>10:00 LIIT Class</p> <p>10:00 Low Vision Support</p> <p>11:00 InterPlay (Library)</p> <p>11:15 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Thursday Bridge</p> <p>12:45 Eastham COAch</p> <p>1:00 Grocery Pickup</p> <p>1:00 Eastham Focus Series</p> <p>1:00 Knitters' Circle</p>	<p>8:15 Zumba (Library) 10</p> <p>8:30 Tax Appointments</p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Grab & Go Meals</p> <p>9:30 Chair Yoga (Library)</p> <p>10:00 Spelling Bee</p> <p>12:30 Eastham COAch</p> <p>1:00 Creative Fridays</p>
<p>9:00 Seaside Café 13</p> <p>9:45 HIIT Class</p> <p>10:00 Cribbage</p> <p>10:00 Reading Club</p> <p>11:15 Light & Fit</p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> <p>12:30 Ocean State Job Lot</p> <p>1:00 AI Technology with Russ Wilcox</p>	<p>8:45 Yoga 14</p> <p>10:00 Dance</p> <p>10:00 Baked Goods Pickup</p> <p>11:15 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>12:30 Grief Support</p> <p>1:00 History of Cape Cod</p> <p>2:00 French Club</p> <p>2:30 Qi Gong</p>	<p>8:30 Hiking Club 15</p> <p>8:45 HIIT Class</p> <p>9:30 Painting</p> <p>10:00 Resistance Bands</p> <p>11:15 Light & Fit</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>12:30 Trader Joe's</p> <p>2:15 Ukulele</p> <p>5:15 Tai Chi</p> <p>5:15 Circuit Training</p> <p>6:15 Beginner Mat Pilates</p>	<p>8:45 HIIT Class 16</p> <p>9:00 Veterans Social Club</p> <p>10:00 LIIT Class</p> <p>10:30 Ask-A-Dietitian</p> <p>11:00 InterPlay (Library)</p> <p>11:15 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Thursday Bridge</p> <p>12:45 Walking Group</p> <p>1:00 Grocery Pickup</p> <p>1:00 Creative Connections</p> <p>1:00 Knitters' Circle</p>	<p>8:15 Zumba (Library) 17</p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Chair Yoga (Library)</p> <p>11:00 80+ Group</p> <p>11:30 Senior Living Simplified</p> <p>12:30 Eastham COAch</p>
<p>HOLIDAY SENIOR CENTER CLOSED</p>	<p>8:45 Video Yoga 21</p> <p>10:00 Dance</p> <p>10:00 Cribbage</p> <p>10:00 Baked Goods Pickup</p> <p>10:00 Elder Lawyer</p> <p>11:15 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>1:00 Trivia</p> <p>2:00 French Club</p> <p>2:30 Qi Gong</p> <p>5:30 Fun Night Out</p>	<p>8:30 Hiking Club 22</p> <p>8:45 HIIT Class</p> <p>9:30 Painting</p> <p>10:00 Resistance Bands</p> <p>11:15 Light & Fit</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>12:30 Ocean State Job Lot</p> <p>1:00 AFSC Support Group</p> <p>2:15 Ukulele</p> <p>5:15 Tai Chi</p> <p>5:15 Circuit Training</p> <p>6:15 Beginner Mat Pilates</p>	<p>8:30 Zoom Yoga 23</p> <p>8:45 HIIT Class</p> <p>9:00 Veterans Social Club</p> <p>10:00 LIIT Class</p> <p>11:15 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Thursday Bridge</p> <p>12:45 Eastham COAch</p> <p>1:00 Knitters' Circle</p> <p>1:00 Grocery Pickup</p>	<p>8:15 Zumba (Library) 24</p> <p>9:00 Eastham COAch</p> <p>9:00 Wood Carving</p> <p>9:30 Grab & Go</p> <p>9:30 Chair Yoga (Library)</p> <p>10:00 Nordic Walking Begins</p> <p>12:30 Eastham COAch</p> <p>1:00 Creative Fridays</p>
<p>9:00 Seaside Café 27</p> <p>9:45 HIIT Class</p> <p>10:00 Cribbage</p> <p>11:15 Light & Fit</p> <p>12:00 Watercolor Painting</p> <p>12:30 Mah Jongg</p> <p>1:00 Birthday Club</p> <p>2:00 Jim's Game Hour</p>	<p>8:45 Yoga 28</p> <p>10:00 Video Dance Class</p> <p>10:00 Baked Goods Pickup</p> <p>10:00 HPC Appointments</p> <p>11:15 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Closed Bridge</p> <p>12:30 Grief Support</p> <p>1:00 Health Series</p> <p>2:00 French Club</p> <p>2:30 Qi Gong</p>	<p>8:30 Hiking Club 29</p> <p>8:45 HIIT Class</p> <p>9:30 Painting</p> <p>10:00 Resistance Bands</p> <p>11:15 Light & Fit</p> <p>12:30 Lunch with Friends</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>2:15 Ukulele</p> <p>5:15 Tai Chi</p> <p>5:15 Circuit Training</p> <p>6:15 Beginner Mat Pilates</p>	<p>8:30 Zoom Yoga 30</p> <p>8:45 HIIT Class</p> <p>9:00 Veterans Social Club</p> <p>10:00 LIIT Class</p> <p>11:15 Sit & Fit</p> <p>12:15 Mobile Meals</p> <p>12:30 Thursday Bridge</p> <p>12:45 Walking Group</p> <p>1:00 Knitters' Circle</p> <p>1:00 Grocery Pickup</p> <p>1:00 Your Money & Future</p>	